

Rockville's Caregiving Agencies

Keeping the Spirit of Giving Alive



Local Caregiving Agencies: The First Line of Assistance for Rockville Residents in Need

In this season of caring and giving, many of us try to take time from our holiday shopping, cooking, gift wrapping, and party-going to open our eyes and our hearts to lend a hand to those who are less fortunate in our community. It is our hope that this special *Rockville Reports* insert will help you do this by not only giving you some insight into the organizations in Rockville that give to the community, but also letting you know how you can get involved by volunteering your time.

The human service providers in Rockville are often the first line of assistance for residents in need. They provide many emergency services including food, clothing, shelter, medical and financial assistance, and more to help people get back on their feet.

Because Montgomery County has such a high cost of living, many people in the area live paycheck to paycheck, and sometimes they cannot get by without periodic or ongoing assistance to meet their basic needs. These families

do not have the financial resources to deal with unexpected emergencies such as illness, job loss, or other catastrophes. To assist residents in these situations, the City partners with local agencies – like Community

Ministries of Rockville, Community Ministry of Montgomery County's Interfaith Clothing Center, and Manna Food Center.

"Since 1997, our City has had a policy, which advocates the provision of human services that promotes the health and welfare of our citizens," said Mayor Rose Krasnow. "These services are provided for individuals or families experiencing difficulty in meeting their basic needs such as food, shelter, and clothing."

In this insert devoted to Rockville's human service providers, you'll find:

- A listing of ways you can get involved in the community.
- Information on the City's Human Services Advisory Commission.
- Brief articles on some of the many non-profit agencies that you can find in Rockville with a description of the services they offer and some examples of success stories.

- A calendar with events that you can take part in to help the City's human service providers. Please note that some of these events did not have a specific date at press time, but you can call the number given in the calendar listing for more information.

The caregiving agencies are an important and essential part of the Rockville community, according to Reverend Mansfield Kaseman, Executive Director of Community Ministries of Rockville.

"We're here for all of the homeless, whether they are the people we try to avoid seeing in our streets, or the children who do not have parents after school, or the working poor who cannot afford an apartment, or the ill who cannot afford medical attention, or the immigrant who does not understand the dominant language, or the affluent professional who does not have the time even for loved ones, or the young family pulled in a hundred appealing directions," said Kaseman.

For the most part, these agencies depend on volunteers and donations to provide many of their services. That's why it's important to get involved. There are numerous agencies and ways you can

help. We hope that after you read this insert, you'll be more educated about the many service programs, agencies, and service clubs that exist in Rockville, and that it will help you make a more informed decision about how you can give back to your community, whether it's through volunteering, financial contributions, or in-kind donations. All are welcome and appreciated.

We also hope that this insert will help you understand how fortunate you are to be living in a city where the Mayor and Council make taking care of vulnerable residents a priority.

"One of the reasons Rockville is home to my heart is the care and concern Rockville citizens, businesses, and government have for its people. Nowhere have I seen the care for the community as strong as in Rockville," said Joy Young, Executive Director for the Rockville Chamber of Commerce. ■

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Volunteer Opportunities in Rockville

- **Sophia House Women's Shelter**

Volunteers are needed to donate meals including reheatable casserole dinners to serve 30 people and 30 bag lunches each day. Preparing meals is an excellent volunteer opportunity for families or small groups. In addition, the Sophia House is seeking donations of individual or "travel size" soap and shampoo, new toothbrushes and toothpaste, laundry soap, and new hairbrushes and combs.

- **Rockville Emergency Assistance Program (REAP)**

REAP is in urgent need of donations of gift certificates from Giant and Safeway in denominations of \$5 or \$10. You also can make a donation to REAP on your City of Rockville water bill.

- **Jefferson House Personal Living Quarters**

The Jefferson House is seeking volunteers to serve on its advisory board. The board meets once a month to discuss issues related to transitional housing. Prospective volunteers should have good communication skills and an interest in helping clients make the transition from homelessness to independent living.

- **Latino Outreach Program (LOP)**

The spring semester begins in March 2001. Volunteer positions are available for those who are interested in working with children. LOP needs volunteers to provide child care and child tutoring on Tuesday and/or Thursday evenings. A knowledge of Spanish is not necessary to volunteer. *This position is approved for Montgomery County Public School Student Service Learning Credit.*

- **Elderly Ministries**

Elderly Ministries needs help with yard maintenance at the homes of their elderly clients. This includes: cutting grass, raking, weeding, and general yard clean up. *This position is approved for Montgomery County Public School Student Service Learning Credit.*

- **Chase Partnership and Jefferson Houses**

The Chase Partnership and Jefferson Houses are seeking teachers and professionals to develop and teach a class in resume writing and job seeking skills to clients in these programs. In addition, computer literate volunteers are needed who can provide support in Windows 2000, networking, data entry, and database management. Schedules can be arranged by the volunteer.

To request a volunteer application packet or for additional information, please contact Karen Napolitano, Volunteer Coordinator, at 301-762-8682, ext. 114. For additional volunteer opportunities, contact Rockville's Community Services division at 301-309-3380. ■

City of Rockville's Human Services Advisory Commission

In 1997, the Mayor and Council adopted a resolution to create the Human Services Advisory Commission (HSAC) to provide advice and guidance to the Mayor and Council on human service needs in the City of Rockville and how best to address them.

Human services are provided to individuals or families experiencing difficulty in meeting their basic needs for physical survival and safety. This may include assistance in: obtaining adequate preparation for and help in sustaining gainful employment; addressing specific health and mental health problems; and gaining access to available and appropriate services.

The HSAC, which consists of nine individuals representing social service consumers, service providers, and residents of the Rockville community, continually monitors the needs of residents through surveys, studies, analysis of information, individual input, and meetings. The commission also works with City staff and the agencies that provide human services in Rockville.

While many services in the city are provided by Montgomery County facilities, the Mayor and Council, through the HSAC and the staff of the City's Department of Community Services, are constantly seeking new and innovative means of providing a "safety net" of essential services. This includes food, emergency shelter, clothing, and emergency financial aid that enable residents to meet their basic needs.

Most of the services available to residents from the Department of Community Services and the agencies throughout the city fall into the following categories: food, housing, clothing, income support, children services, youth services, adult services, senior services, employment, health, mental health, counseling, and social support.

For more information, call 301-309-3380 or visit the City's Web site at www.ci.rockville.md.us. ■



Chase Partnership and Jefferson Houses

The Chase Partnership House is a 37-bed shelter, which addresses the impact of homelessness and drug addiction in Montgomery County by providing basic housing and a variety of professional recovery services for addicted or mentally ill males 18 and older.

While all the men are in the beginning stages of their recovery from drug and/or alcohol abuse, this is seldom the only major problem they face. They are often dealing with physical, mental, and emotional problems that must be addressed. Chase provides 12-step meetings, counseling, social and life skills training, recreation, and laundry facilities as part of this effort.

The Personal Living Quarters Program of the Jefferson House is a transitional living site for homeless men who have finished treatment but need affordable housing and the ongoing relapse prevention program, which is so important for their success.

Through house meetings, individual counseling, and continued education about their illness, the Jefferson House supports the clients' efforts to maintain their sobriety and employment as they work toward complete independence. The Jefferson House has capacity for five residents and a resident manager.

One of the success stories from Chase and Jefferson House is Don. Don entered the Chase Partnership House in the summer of 1996, when he found himself homeless in the Montgomery County area after several years of active drug and alcohol use. Being a native of New York, Don had nowhere to go other than the shelter system. Securing a place in the shelter meant that he had to begin his journey of recovery that would take him through one year at Chase in conjunction with an intensive day treatment program. Don methodically completed his treatment program, became employed, and graduated from the Chase program. His journey then took him to the Jefferson House program where he continued to establish his foundation of recovery, improved his work record, and re-established a long time relationship with his fiancée. Two years later, after connecting with a local union in his home state, Don successfully left Jefferson House and moved back to New York with a renewed life, a new attitude, a new job, and a new wife.

For more information about the Chase House, call **301-424-1380**, and for more information about the Jefferson House, call **301-424-1380**.



Rockville's Care

Great Places to Donate Your Time,

Sophia House

The Sophia House is a 28-bed emergency shelter for vulnerable homeless women who suffer from mental illness and/or drug and alcohol addictions. It provides safe housing, laundry facilities, and meals 12 months a year for these women from 7 p.m. to 7 a.m. daily. Women participating in the shelter receive case management support to work on their issues, and the Sophia House refers them to different community resources.

Susan, who was homeless and unemployed when she entered the Sophia House program, is now one of their success stories. In spite of her situation, she was determined to overcome her difficult times. Soon after admission to Sophia, Susan obtained employment with a temporary employment agency and began to put her life back together. After two months of dormitory living, participating in chores and house meetings, going to work every day, and becoming involved in a local church, Susan was fortunate to receive permanent housing. Susan left the Sophia House program confident to continue on her road of self-sufficiency.

For more information about the Sophia House, call **301-762-8682**, ext. **345**.



Meals on Wheels

Since 1976, the Rockville Meals on Wheels program has provided needy, shut-in residents with the assurance of a Monday-through-Friday nutritional meal service with a friendly volunteer's welcome visit. The program is not free, but it is affordable with billing revisions if needed.

Rockville residents help keep this all-volunteer program running by donating their time to visit (with meals in hand), driving one of four routes (taking a visitor to a home), or manning the offices at the Crusader Lutheran Church, located on Veirs Mill Rd. Volunteers are needed for a morning a week, a morning every other week, or even a morning a month. So little is required, but volunteers receive so much satisfaction!

For more information, call **301-340-1559** on weekdays.



Latino Outreach Program of Community Ministries of Rockville

The Latino Outreach Program (LOP) of Community Ministries of Rockville addresses the problems of the fastest growing minority population who cannot speak English – Latino immigrants.

LOP has created a unique family-centered approach to skill development for those residents whose native language is Spanish and who are struggling with language and cultural barriers to learning.

Families enrolled in LOP attend classes twice a week for 14 weeks, with sessions offered in the fall and spring. The program serves about 450 individuals per year (320 adults and 130 children).

Adults participate in classes in Spanish literacy, basic English, and workplace English. In addition, a General Education Diploma (GED) program and drug awareness workshops, job fairs, and a U.S. citizenship program are offered.

LOP offers children's services such as infant childcare, preschool enrichment for toddlers, and tutoring for school-age kids, which includes a weekly alcohol and drug abuse prevention program. The class curriculum has been designed to allow the children to progress at their own pace and provide exposure to a variety of educational materials. The children begin to acquire an English language vocabulary for basic concepts such as color, parts of the body, the four seasons, family tree names, numbers, and the alphabet. Many of the preschoolers have their first experiences speaking English while in the Latino Outreach Program. School-age children receive assistance with their homework and help in developing their English language and reading skills while their parents are learning the necessary skills to help with homework.

One of LOP's success stories is an 11-year-old girl who came to the United States not knowing any English. Despite her age, LOP staff placed her in their preschool group because that was the pace she needed. At the end of the semester, she learned her first English words and was able to follow instructions to do her homework.

Call **301-762-8682**, ext. **115**, for more information.

Elderly Ministries

Do you live next door to an elderly person who is having trouble getting out and about? Are you concerned that this person may fall and be permanently injured trying to navigate in and out of their house? What about the elderly parent or friend who is still living alone and is beginning to show signs that they need help. Maybe they can't cook or are getting a little forgetful or need help with everyday chores.

Community Ministries of Rockville's Elderly Ministries Program is meeting the needs of seniors all over the Rockville community. If you think Elderly Ministries can help you or someone you know, call **301-762-8682**, ext. **116**.

Rockville Emergency Assistance Program

How many people in this affluent area live from paycheck to paycheck? Did you ever wonder what would happen to you or your family if your funds were suddenly cut off or if there was too much month left at the end of the money? Where would you turn? What would you do?

Hundreds of families are assisted each year through the Rockville Emergency Assistance Program (REAP) operated by Community Ministries of Rockville. Whether assistance is needed to help pay for housing, have prescriptions filled, keep heat in the winter, or put food on the table, REAP may be able to help.

Call **301-309-3380** for more information.

Manna Food Center

"Thank you so much," said the elderly lady stopping at the Manna office window as volunteers carried out her food. "God bless you all."

These words of gratitude are extended to all of the school children, churches, civic organizations, foundations, and businesses that donate food and financially support Manna Food Center. Their generosity supplied the food for 600,000 meals for Montgomery County families and shelter residents last year. Manna provides food in emergencies or if there is a continuous need.

The program has helped:

- Lisa, a mother of two just off welfare, who needed help making ends meet so she



giving Agencies Talent, Money, and Keep it Local!



- could make a deposit on an apartment.
 - Cheryl, who needed help so that she could support three children with a part-time salary.
 - Donna, whose food stamps were mistakenly cut before her disability income could start.
 - John, who has a chronic mental illness and ran out of food.
- Call **301- 424-1130** for more information.

Interfaith Clothing Center

The Interfaith Clothing Center (ICC), which distributes donated clothing and housewares free of charge to low-income residents of Rockville, serves many different kinds of clients.

Recently when a fire destroyed 20 apartments in a Rockville complex, one couple, Hungarian immigrants, were left with nothing. They had no insurance and literally escaped with the clothes on their backs. The Red Cross referred them to the Interfaith Clothing Center where volunteers helped them select enough clothing and household goods to begin rebuilding their lives. The family returned several times so devoted volunteers could collect the things they needed. In addition, they were provided with information on other resources, including places to obtain furniture.

The woman, a librarian by profession, had been unable to find work in



Helping Hands Shelter

The Helping Hands Shelter is a busy place year round providing services to many of the homeless women with children in the area. For example, during 1999, women and their families used the shelter beds 8,576 times, and Helping Hands made more than 20,000 meals available for 52 different families (a total of 162 individuals).

Most of the families served by this organization worked very hard to improve their situation and were able to move from the shelter into permanent housing. Many received job skills training, obtained employment, and are no longer on welfare. Some of the jobs obtained include: office assistant, computer technician, healthcare technician, compliance specialist, truck driver, school bus driver, healthcare aide, and food service worker.

In the words of a former occupant, "My children and I would have never made it had it not been for Helping Hands."

For more information about the Helping Hands Shelter, call **301-340-9300**.

Friends in Action

"Although we intuitively know this, it is always awesome to experience it."

This reflects the feelings of one of the 200 plus mentors who expressed his gratitude to Friends in Action (FIA) for giving him the opportunity to experience the love and closeness of the FIA family.

Under the umbrella of Community Ministry of Montgomery County, FIA recruits, trains, and links teams of mentors to families who are striving toward financial independence. The success of the program comes primarily from the relationship that the team and family develop. Teams empower and strengthen families by offering support and encouragement in setting manageable goals and in finding solutions to issues such as housing, health care, childcare, employment, parenting, and self-esteem.

It takes no special skills to become a mentor, only a caring heart and the commitment of a few hours a month for at least one year to touch someone's life and truly make a difference.

For more information about FIA, call **301-762-8682**, ext. **113**.

Healthy Families Montgomery

Judy was 20 when her daughter, Natasha, was born. At the time, the father of the baby was in jail. With nowhere else to turn, Judy and Natasha stayed with his alcoholic mother, who once threw Judy and Natasha out of the house without any clothes.

With the help of her Family Support Worker and the Healthy Families Montgomery Program (HFM), Judy was able to get a job, find licensed child care, and move into Section 8 housing. Now Judy and Natasha have a good start on a new life.

HFM, a program of the Family Services Agency supported by the City of Rockville, works with first-time parents who are living with many stressors such as having a low income or being a single and/or teenage parent. Weekly home visits by Family Support Workers provide parenting education, links to community resources (especially medical homes for parents and babies), access to education, employment training, and help finding jobs.

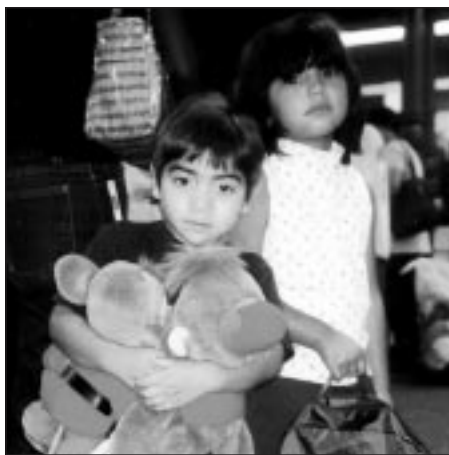
HFM always needs baby equipment and children's clothes and toys for newborns and children up to the age of five. They also welcome volunteers to assist with office work, child care during monthly evening groups, making simple craft kits to take on home visits, or special events like the annual picnic in June. In addition, they always need funds to buy developmental toys for the toy lending library for children who have few playthings in their homes.

For more information, call **301-840-3231**.

Rockville Family Sponsorship Program

The City of Rockville Family Sponsorship Program matches a volunteer with a family or low-income senior to provide holiday gifts and food for them. When you call, you will decide how large a family you would like to sponsor, and you will receive a "wish list" to guide you in your shopping. Most volunteer sponsors purchase a toy and an article of clothing for each child, and, if possible, a gift for the parent as well.

Last year the employees of a local car dealership helped a man recently diag-



nosed with cancer provide holiday gifts for the grandchildren he was raising alone. A school basketball team pitched in to buy clothing for two teenage girls living with a single mom. Parents of a nearby nursery school helped a young family whose two-year-old requires 24-hour care. Many other Rockville residents and groups purchased and wrapped gifts for children they had never met but wanted to help.

If you would like to help a less-fortunate Rockville neighbor this holiday season, call **301-315-6509** to ask about sponsoring a family. If you don't love the malls, you can still help by making a donation to the City of Rockville Holiday Drive. Your monetary gift will be used to purchase either food or new toys.

The Rockville Youth Recreation Fund

Become part of a young person's future by making a donation to the City of Rockville Department of Recreation and Parks Youth Recreation Fund. The fund provides assistance to eligible Rockville youth who otherwise could not afford to take part in recreation programs. It is supported entirely through the gifts of local businesses, foundations, and individuals who understand the importance of recreation in the lives of our youth.

Over the years, donations have provided assistance for children to participate in many programs including: summer camps, playgrounds, baseball, computer skills, football, teen activities, basketball, soccer, afterschool programs, special events, and trips.

If you would like to contribute, send a check for any amount made payable to the Rockville Youth Recreation Fund to: City of Rockville, Department of Recreation and Parks, 111 Maryland Ave., Rockville MD 20850. Call **301-309-3340**.

Stepping Stones Shelter

Stepping Stones Shelter has been helping homeless families become self-supporting and contributing members of our community for 20 years.

The Rockville Kiwanis Club has given financial donations and has helped refurbish the education room. Tikvat Israel runs an evening tutoring program for the resident children. Individuals in the Supported Employment Enterprise Corporation help organize and maintain the clothing closet in the attic, where residents can obtain suitable clothing for job hunting and interviews. Local middle school and high school students help

Continued on back page...



her field, due to her limited English. She asked if she could volunteer at the ICC to improve her English and, more importantly, to give back and help others who need the ICC's services. She has already worked a number of hours and is quickly becoming a valued member of the volunteer team.

Assisting people like this couple is what the work of the ICC is all about. This work could not be accomplished without the efforts of donors, volunteers, and ICC's many partnerships in the community.

Call **301-424-3796** if you can donate new toys for the holidays or birthdays. ICC also is collecting winter gloves, hats, and scarves for children or adults, and they always need volunteers to sort, size, and display clothing.



Continued from inside...

around the house and tutor younger children. Individuals from all walks of life maintain the garden, do odd jobs, help with cleaning and decorating projects, and provide assistance in the office.

There are no limits to how you can help. You can hold a bake sale to raise money for new children’s shoes. You can collect canned food to feed the resident families. You can donate a few hours working in the clothing closet. You can share any gift you have to offer, whether it is your time, your skills, your hands, or your heart. Please let “the Spirit of Giving” move you to help those less fortunate in our community.

Call **301-251-0567** for more information.

Montgomery Ave. Women’s Center

The Montgomery Ave. Women’s Center (MAWC) serves a vulnerable population in Montgomery County. In fact, it is the only day shelter program for homeless women in Montgomery County.

MAWC recently has organized a more structured program. The women now participate in a bi-weekly, community meeting that offers the women and staff an opportunity to discuss issues and concerns about the center. Daily discussions are initiated among women and staff to stimulate conversations on topics of interest. The center also is helping the women energize and strengthen their bodies through an exercise class that includes stretching and a low impact aerobics workout. In addition, assistance with resume writing, interviewing strategies, and training in basic computer skills also is available. Speakers from the community have spoken to the women about various issues that may affect them – HIV/AIDS, breast cancer, general women’s health issues, public transportation options and strategies, money management skills, nutrition skills, and job skills assistance.

It is the center’s mission to continue to develop and provide a program that will assist the women in becoming more self-sufficient. The center welcomes members from the community who wish to volunteer their time and service. There are innumerable ways to become involved in the program. The center especially needs volunteers who are interested in spending time at the shelter. You would have the opportunity to help cook and/or serve a meal, play a board game, join an exercise group, sit and watch television with the women, and/or any other activities you want to try.

For more information, call **301-340-7157**.

The Rockville Chamber of Commerce

The Rockville Chamber of Commerce is a business-to-business membership organization that began its operation 43 years ago. Since then it has represented the business community in Rockville. In addition to its work with businesses, the chamber has always realized the importance of helping the community.

For example, the chamber conceived, created, and sponsored the Rockville Scholarship Foundation (RSF), which provides scholarships to Montgomery Community College students and to children of Rockville residents, employees, and members of the Chamber of Commerce. Recipients can use their scholarship award at any school. Monies for the scholarships are raised from donations, bequests, and the proceeds from various chamber functions throughout the year.

The Rockville Chamber also works with the community to contribute portions of the Annual President’s Gala to the RSF and a local non-profit organization. This year’s recipient of the gala contribution was Community Ministries of Rockville. The chamber also has partnerships with Mark Twain School, the Rockville Division of the Montgomery County Police Department, and numerous other organizations that assist Rockville residents and support Rockville businesses.

In addition, the chamber nominated EU Services to receive the 1999 Governors Award for Volunteer Service, and the company received the honor.

Call **301-424-9300** for more information.



Junior Chamber of Commerce

The Rockville Junior Chamber of Commerce (Jaycees), which is celebrating 45 years of community service, is an organization consisting of young adults, ages 21 to 39 years of age, who are interested in promoting leadership training. They do so by creating, organizing, and running community service projects.

The Jaycees have performed countless hours of service, from mentoring at-risk children to organizing the parade units for the Rockville Memorial Day Parade. Not only do the projects benefit the community, but they also provide the members of the projects with the necessary skills to execute similar projects in their own areas of work such as time management, prioritization, teamwork, and collaboration.

This is how the Rockville Jaycees have been, and hope to continue to be, a fixture in the community.

Call **301-424-9300** for more information.

Caregiving Agencies

2001 Calendar of Events

Some of the dates for the events listed below were yet to be determined at press time. Please call the number listed for more information. Thank you.

January

Citizenship Classes, Tuesdays and Thursdays, from 6 to 9:30 p.m., at Latino Outreach. Call 301-762-8682, ext. 115, for more information or to register.

February

6 Thanksgiving in February. Call 301-460-5027 for more information.

March

30 Community Ministries of Rockville Spring Gala at Rio Marriott Hotel. Call 301-762-8682, ext. 111, for more information.

April

19 Harvest for the Hungry Walk-a-thon, 9:30 a.m.-noon, Lake Needwood. Call 301-424-1130 for more information.

29 Manna Food Center’s 18th Anniversary. Call 301-424-1130 for more information.

Christmas in April/Sukkoth in April. Call 301-765-0943 for more information.

May

The Letter Carriers’ Food Drive. Call 301-424-1130 for more information.

Montgomery Soccer Inc. Food Collection. Call 301-770-4440 for more information.

Community Ministries of Rockville Annual Meeting. Call 301-762-8682 for more information.

June

Latino Outreach Program Graduation Ceremony at Crusader Lutheran Church. Call 301-762-8682, ext. 115, for more information.

July

Citizenship Classes, Tuesdays and Thursdays, from 6 to 9:30 p.m., at Latino Outreach. Call 301-762-8682, ext. 115, for more information or to register.

Car Wash to Support Chase and Jefferson House Shelters. Call 301-762-8682 for more information.

August

Knights of Columbus Food Drive. Call 301-762-2143 for more information.

Car Wash to Support Chase and Jefferson House Shelters. Call 301-762-8682 for more information.

September

Yom Kippur Food Collection. Call 301-424-1130 for more information.

October

Kids Helping Kids Campaign. Call 301-424-1130 for more information.

Montgomery Soccer Inc. Food Collection. Call 301-770-4440 for more information.

Community Service Day. Call 240-777-2600 for more information.

November

Fannie Mae Help the Homeless Walk-A-Thon. Call any Caregiver Agency for information.

Boy Scouts Scouting for Food. Call 301-424-1130 for more information.

Ride-On Buses’ “Give and Ride.” Call 301-424-1130 for more information.

Hunger Relief Drive. Call 301-762-8682, ext. 109, for more information.

City of Rockville Holiday Drive. Call 301-309-3183 for more information.

December

City of Rockville Holiday Drive. Call 301-309-3183 for more information.